

Recreational resources – the basis of human active recreation

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Authors' Contribution: A – Study design; B – Data collection; C – Statistical analysis; D – Manuscript Preparation; E – Funds Collection

Abstract

Background and Study Aim The aim of the work is to analyze the theoretical aspects of recreational resources in Ukraine and their use in practice.

Material and Methods Sources of information are publications in domestic literature. A total of 20 publications were selected.

Results Theoretical aspects of the recreational resources of Ukraine, their classification and scoring (biomedical, psychological, technological) are presented. A particular difficulty in assessing recreational resources lies in the fact that they should be considered from the perspective of recreation organizers and vacationers. The importance of recreational relax for a person (student) in sanatorium-resort conditions is shown. Therefore, the curators have two main tasks: medical care for patients (secondary prevention) and recreation.

Conclusions One of the foundations of active and passive recreation are recreational resources. Recreational resources are a set of natural and artificial objects and phenomena that can be used for active and passive recreation, tourism and treatment. Therefore, it is necessary to focus on resource centers of the sanatorium and medical type and historical and cultural resources.

Keywords: recreational resources, Ukraine, classification, score, recreation, resort

Introduction

Recreational resources play an important role in carrying out recreational activities for a person. In this regard, it is necessary to study and evaluate those that have a certain recreational territory. Some authors argue that recreational resources are components of the natural environment and phenomena of a sociocultural nature [1, 2, 3, 4]. They have special properties: uniqueness, originality, aesthetic appeal, health-improving significance. They can be used to organize various types and forms of recreational activities.

Depending on the origin, natural recreational resources are divided into physical, energy-informational and biological [5, 6, 7]. Each type of these resources has its own characteristics, inherent only to them.

Recreational geography is a branch of geographical science that studies the patterns of formation, functioning and distribution of territorial recreational systems [1, 6, 7, 8]. They consist of natural and cultural complexes, engineering structures used for recreation [9, 10]. Such geography is engaged in the study of territories of recreational systems, the development of principles for the organization of recreational economy and the foundations of recreational nature management.

The purpose of the work is to analyze the theoretical aspects of recreational resources in

Ukraine and their use in practice.

Methodology

Sources of information are publications in domestic literature. A total of 20 publications were selected.

Results

Recreational resources are a material prerequisite for the formation of the recreational sector of the national economy, its resource base. They need to be carefully and economically used, protected and multiplied. All this is connected with the need for their quantitative and qualitative assessment, determination of suitability and alternative use in one or another branch of the national economy [11]. Evaluation of recreational resources can be differentiated and integral. A differentiated assessment is given to each individual resource, its property or features within a region or country as a whole. An integral assessment is given to a certain area of the territory, which is characterized by homogeneity and a set of individual types of resources. There are three main assessments of natural resources in science: biomedical, psychological, technological [2, 4, 8, 12, 13].

The psychological assessment takes into account the aesthetic qualities of the territory - exoticism and uniqueness. The exoticism of the territory is defined as the degree of contrast between the place of rest in relation to the permanent place

of residence, and the uniqueness - as the degree of occurrence or uniqueness of objects and phenomena. Technological assessment reflects the interaction of a man and the natural environment through the «technology» of recreational activities and technology. An economic assessment of natural recreational resources is necessary for the economic justification of investments in the reproduction, protection and improvement of the use of recreational resources. Qualitative indicators take into account the attractiveness of the tourist site, landscape, comfort level, so on. Voskolovich argues that the study of tourism services marketing aims to form the knowledge and competencies of specialists in the main areas [14]. A particular difficulty in evaluating recreational resources lies in the fact that they must be considered both from the position of recreation organizers and from the position of vacationers.

Water resources are the national wealth of Ukraine, which needs rational use and protection. All water bodies represent a single fund, which includes rivers, lakes, reservoirs, canals and ponds, as well as groundwater [15, 16, 17, 18]. Among other recreational areas, the Kharkiv region can be distinguished [14, 19, 20, 21, 22]. In the complex of recreational resources, a special place is occupied by historical and cultural resources, which are the legacy of past eras of social development [8, 22].

Discussion

Balneology is gaining importance: search and research of resort resources; study of the needs of the population in sanatorium treatment; development of scientific foundations for resort construction and improvement; sanitary protection of resorts [9, 12, 23, 24]. It is recommended to use climatic factors that affect the human condition: air temperature, atmospheric pressure, air humidity, wind, equivalent effective temperature [12, 25]. Resorts are used for therapeutic measures and for health-improving rest for practically healthy people.

Thus, the relationship between society and nature developed in proportion to the accumulation of knowledge. Natural recreational resources are an indispensable condition and material base for the development of recreational nature management. The degree of satisfaction of recreational needs depends on the quality of the environment in a particular region.

At present, the recreational potential of Ukraine is assessed according to the following indicators of

resources [1, 3, 4, 13, 26, 27]: historical and cultural, landscape, medicinal and mineral and health. According to the nature of the health-improving effect, resorts can be divided into recreational-prophylactic, rehabilitation and therapeutic. One of the priority areas of Ukraine in the field of recreation is the Transcarpathian region. The analysis of these areas of recreation is presented in some studies [7, 11, 28, 29]. The main components of the resource potential of this region are: natural (natural-geographical); historical (historical and cultural); sacral-cult and ethno-cultural; socio-economic [9].

Natural geographic resources are a set of natural objects and phenomena that can be used for recreation, treatment and tourism. The main components of recreational zones are: landscape-territorial; natural-aquatorial. It should be noted that the flora and fauna of the studied recreational area are also important. Historical and cultural resources are a set of anthropogenic objects and phenomena that have historical and cultural value. These resources can be used for recreation, treatment and tourism. The main components of recreational zones are [7, 30]: monumental-architectural and architectural-urban planning. As we can see, the historical and cultural potential of the study area is determined by the totality of combinations of the above components.

Conclusions

One of the foundations of active and passive recreation are recreational resources. These include the following components: geographical location, relief, forests, mineral waters, climate, burial mounds, water spaces, vegetation, wildlife, historical and cultural monuments, and others.

Recreational resources are a set of natural and artificial objects and phenomena that can be used for active and passive recreation, tourism and treatment.

The main balneological resources of the regions are the sources of mineral waters. The surface waters of rivers, lakes, and artificial reservoirs are also of great importance. But they all create the unique beauty of coastal landscapes. Therefore, it is necessary to focus on resource centers of the sanatorium and medical type and historical and cultural resources.

The idea of natural-historical-ethnographic recreation should form the basis for the development of regions.

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Cite this article as:

Zaytzev V, Prusik K, Manucharyan S. Theoretical and methodological approaches to the problem of student's health in the algorithm of recreational activities. *Physical Culture, Recreation and Rehabilitation*, 2022;1(1):11–13.

<https://doi.org/10.15561/physcult.2022.0203>

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Received: 09.05.2022

Accepted: 22.06.2022; Published: 30.06.2022

The issue of the journal is dedicated to the memory of Professor Viacheslav Zaytzev (25.05.1936 – 28.02.2015), specialist in the field of physical recreation and physical rehabilitation (Kharkiv, Ukraine). <http://sportscience.org/index.php/vuz/article/download/5/5>

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